

Health Directed Riding



“WHERE REHAB REINS”

www.healthdirectedriding.org

May 2022

Rhonda's Ramblings

Spring fever is here for me and I am anxiously awaiting the color that will soon be bursting forth in the flowers and trees. Along with the change of seasons it is a reminder that the new riding season is just around the corner. *“No wonder my heart is filled with joy!” Acts 2:26* I had the pleasure of attending the PATH region 6 conference in person this year in March and although the weather was quite cold it was a great time for learning and connecting with other programs from our region all excited to get going for this year. I hope that you are as ready to get going as I am and to spend time with all of our riders and volunteers, this year holds great promise. *“A sweet friendship refreshes the soul.” Proverbs 27:9*



Rhonda

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"The things that make me different are the things that make me, me." -- Piglet (*Winnie the Pooh*)



Join us at the 25th Annual Ride-A-Thon

The 25th Annual Health Directed Riding Walk/Roll and Ride-A-Thon will be held on **Saturday, June 17 2022**, at Wild River State Park. Registration begins at 9:30 a.m. at the Trail Center, lunch will be served and door prize drawings will take place after lunch. Registration fee is \$10. Collect \$350 in pledges for a chance to win a Sound Bar.

Note: If you collect \$75 in pledges, your registration fee is waived.

Those participating in this event may choose to horseback ride the trails, or bicycle, in-line skate or walk the paved trails. Wild River State Park offers the use of GPS units for free for those who would like to test their skills at geocaching in the park. This is a fun way to explore the park. Contact the Park Office for GPS availability. For further details contact Rhonda at 612-247-9582. A pledge form is included in this newsletter, or you can download additional copies at www.healthdirectedriding.org. See you this summer!



Health Directed Riding



Riding Season Starting Soon

The 2022 riding season will soon be underway. Riding sessions will continue at the following locations: Jean Jenner's home near Isanti on Mondays, and Monty and Naomi Twingstrom's home near Princeton on Tuesdays.

Spring Riding Sessions are tentatively scheduled to run May 16—June 28, 2022.

Summer Riding Sessions are scheduled for July 11—August 29, 2022.

Fall Riding Sessions are scheduled for September 12—October 25, 2022.

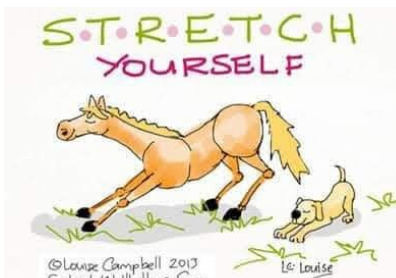
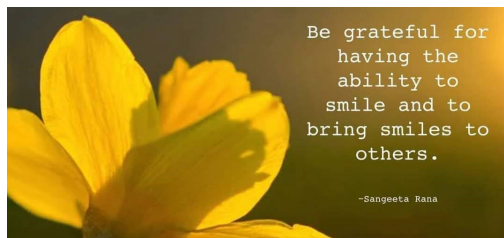
Contact our Instructor Rhonda Mostrom at 612-247-9582 to arrange your riding schedule. If you or someone you know would benefit from our riding program, contact us for more information. We're planning on another great riding season!

Note: Weather can have an impact on our riding seasons. In case of inclement weather, we will notify you if a riding session is cancelled.

Thank you Volunteers

Thank you for your dedication and willingness to share your time, talents, and the use of your homes with the program. We value what you do and want to let you know that you are cherished!

Thank you for volunteering!



Ride-a-thon Challenge...

Health Directed Riding is excited to see what and who this year's Ride-a-thon brings to make the day a huge success for us. We are looking forward to seeing those who regularly participate and support us as well as welcoming additional participants who are interested in making a difference and furthering our cause. This is one of three fundraisers held each year that helps fund our program. So invite your family, friends and co-workers to be a part of our day.

Super-Greens Muffins for Dogs and Horses

© Formulated by AllNaturalPetCare.com

In one bowl blend:

4 c flour or suitable flour substitute (we like green pea flour for dogs and whole wheat flour for horses)

1 TBSP baking powder

1/2 tsp **powdered seaweed**

1/2 tsp cinnamon

Puree enough of the following vegetables to get about 2 cups:

Kale Turnip Greens

Swiss Chard Radish Greens

Collard Greens Parsley Leaves

In a second bowl blend:

2 cups of the above pureed greens

2 cups unprocessed coconut milk (or water + 1/2 tsp of vanilla)

2 TBSP unpasteurized honey (Manuka Honey offers more mineral benefits)

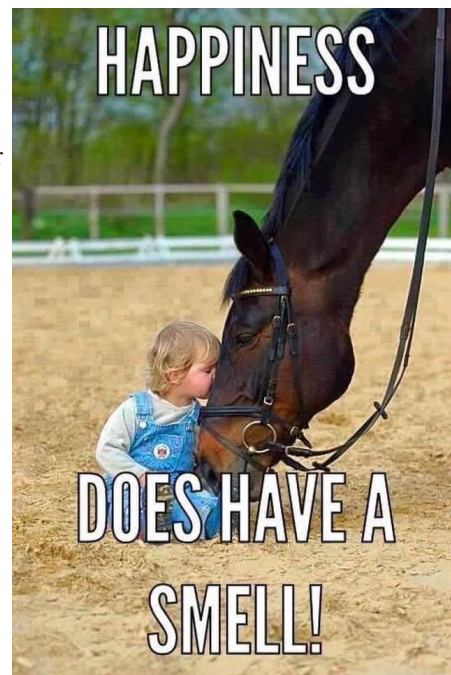
1 egg

Instructions:

1. Preheat oven: 350F

2. Slowly mix wet ingredients into the dry ingredient bowl.

Pour into baking cups. Bake for about 45 minutes, then check every five minutes until a toothpick comes out clean. Reduce cooking time for mini baking cups.



Stay Tuned in.. LaCreche Will Be Coming This October...

Once again our friends from LaCreche Child Care Center in the Twin Cities will be visiting our riding program in the fall. We are working on scheduling early to mid October to hopefully avoid issues with the weather. Will keep you updated once date is confirmed, we would love to have you join us and assist with this day full of fun and excitement. For many children and child care staff, this may be their first experience with rural life. Help make it a wonderful day for our visitors by joining us!

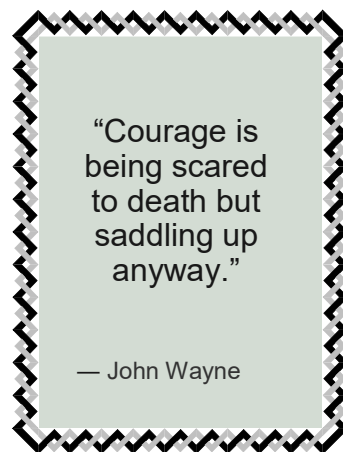


Health Directed Riding Website

Check out www.healthdirectedriding.org often for new and updated information. You'll find great links for volunteers and riders, merchandise available for sale and much more. If you'd like to receive newsletters electronically, let us know by emailing us at healthdirectedriding@gmail.com.

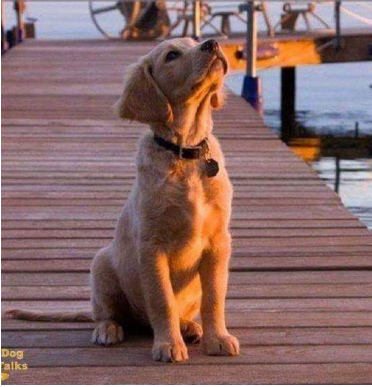
Donate now to Health Directed Riding

Did you know there are a variety of ways you can donate to the Health Directed Riding program? Although donations are always accepted directly to our program, you may also give throughout the year through the Guidestar at www.guidestar.org and GiveMN at www.givemn.org. Take advantage of these opportunities to donate in the comfort of your home.



Health Directed Riding

Dogs are small rays of light caught on Earth for a short time to brighten our days.



"Life isn't about getting and having, it's about giving and being."

- Kevin Kruse



Fall Festival—October 15

Join us Saturday, October 15, 2022 beginning at 11:30 a.m. at the Grandy Community Center for our annual Health Directed Riding Fall Festival. This is an opportunity for family and friends to get together and celebrate the riding season. The day will start with a potluck lunch and children's activities. Our raffle ticket drawing will take place after lunch. Hope to see you there!

Raffle Tickets Available in June

Raffle tickets will be available to purchase beginning in June. This year's prizes include: 1st—Framed Art by local artist; 2nd and 3rd – Meat Pack; 4th—\$75 VISA gift card. Pick up tickets during riding sessions to sell to your family and friends. You can also contact Rhonda for tickets at 612-247-9582. This is one of our major fundraisers of the year.



Show Your Support by Purchasing Merchandise

T-Shirts:

Youth\$10.00

Adult\$15.00

Sweatshirts:

Youth\$15.00

Adult\$25.00

Denim Shirts\$40.00

Hoodies\$40.00

Hats\$10.00

Coffee Mugs.....\$20.00

(etched ceramic, glass or travel)

Horse Stress Relievers.....\$5.00

8 x 10 Prints.....\$5.00

(these are smaller versions of our grand prize framed art-work created by local artist)

When you buy Health Directed

Riding merchandise, you are supporting *and* promoting this amazing program.

To purchase Health Directed Riding merchandise contact Rhonda at 612-247-9582. Items may be picked up or shipped to your address. Shipping fees will be applied to your order.



See our website for additional pictures of merchandise

Where's Rhonda?

Rhonda will be at local events this summer and fall promoting Health Directed Riding. You might see her at: Isanti Firefighters Rodeo, Isanti County Fair (Kids Day), Braham Pie Day, Pine City PRCA Championship Rodeo, and North Branch Fall Festival. We want to see how many of you are reading our newsletter. If you attend any of these events, go to the Health Directed Riding booth and tell Rhonda, "Rehab Reins!" You will get a special Health Directed Riding gift as our way of saying thanks for supporting our program. Hope to see you soon!

**Mark your calendars to come and join us for
Health Directed Riding, Inc.'s
25th Annual Walk/Roll and Ride-A-Thon**

Saturday, June 18, 2022

Wild River State Park

Registration begins at 9:30AM with lunch and door prizes after the ride/walk.

[illegible]

*****A Sound Bar will be awarded after lunch for pledges collected; collect a minimum of \$350 of pledges for a chance at the Sound Bar and additional chances with each \$100 over the initial amount. (Example \$450 = 2 chances or \$550 = 3 chances)** NOTE: \$50 pledge minimum for entry into door prize drawing. Collect \$75 in pledges and the registration fee is waived.***

Name _____ Age (if under 18) _____
 Address _____ City _____ State _____ Zip _____
 Email: _____ Phone _____
 Signature _____ Parent/Guardian (if under 18) _____

I am registering to:

Walk/Roll the 3.0 Interpretive Center Trail

Horseback Ride the 7.0 Deer Loop Trail

I have enclosed my registration fee of \$10.00

Registration fee waived, donations over \$75

Note: State of Minnesota requires all riders to have trail pass visible while riding.

Mail to: Health Directed Riding, PO Box 335, Grandy, MN 55029; Phone: 612-247-9582

WAIVER: In consideration of the Walk, Roll and Ride-A-Thon Committee's permission to participate in this special event, I hereby waive and release any and all rights and claims for damages which I may have against Health Directed Riding Inc., the location at which the event will take place, as well as any other person connected with the event, their heirs, executors, successors, administrators and assigns for any and all injuries, personal, or property damage or losses, which I may suffer for taking part in the event or loss thereof.

Enjoy a Special Recipe from Our Kitchen to Yours: Snicker Apple Salad

PREP TIME: 5 minutes

COOK TIME: 10 minutes

CHILL TIME: 1 hour

TOTAL TIME: 1 hour 15 minutes

SERVINGS: 8 servings

Ingredients:

1 box 3.4 oz vanilla pudding mix, or butterscotch pudding

$\frac{2}{3}$ cup milk

12 ounces whipped topping defrosted

6 Snickers candy bars

4 granny smith apples

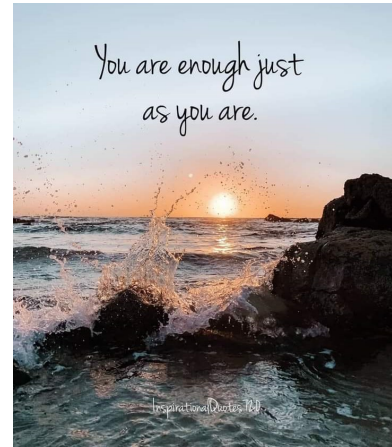
1 cup green grapes halved

Instructions:

Combine pudding and milk and whisk for 2 minutes. Refrigerate until thickened, about 3 minutes. Fold in whipped topping.

Cut candy bars and apples into bite-sized pieces and halve grapes then fold into the mixture.

Chill 1 hour before serving.



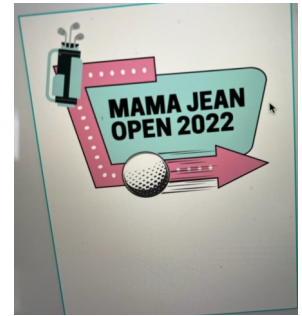
2022 Memories



Health Directed Riding

Mama Jean's Golf Tournament

Join Jean Jenner on Friday, July 8, 2022 at the Sanbrook Golf Course in Isanti, MN for a day full of good fun and good friends, both old and new. This years theme is Back to the 50s, tee off time is at noon. The profits from this event are donated to both Health Directed Riding and Freedom Farm which is also a therapeutic riding program. The cost is \$50, which includes the use of a cart, lunch and prizes. This is a 9-hole golf event/ 2 person scramble and you don't need to be a pro to participate. Contact Jean Jenner at



46th Annual Isanti County Firefighters PRCA Professional Rodeo

Walk through life as if you have something new to learn, and you will

The 42nd Annual Isanti County Firefighters PRCA Professional Rodeo will be held July 8, and 9 in downtown Isanti. Pre-rodeo activities begin at 5:30 p.m. with the PRCA Rodeo Performance beginning at 6:30 p.m. each night. Tickets are Adults \$22.50 advance, \$25 at the gate; Children (4-13) \$5 advance and at the gate; 3 and under admission is free. For more information log onto www.isantifiredistrict.org or call 763-464-2508.



Pine City PRCA Championship Rodeo

The Pine City PRCA Championship Rodeo is hosted by Heidelberger's Farm Equipment on Friday, September 2, Saturday, September 3 and Sunday, September 4. Rodeo performance at 7:00 on Friday and 6:00 PM on Saturday and Sunday evenings include the following events: bull riding, bareback riding, saddle bronc, team roping, barrel racing, steer wrestling, tie down roping and more! A dance follows the rodeo each night that includes live music. Tickets are Adults \$15 advance, \$17 at the gate; Children (4-12) \$7 advance, \$9 at the gate; 3 & under admission is free. Heidelberger's Arena is located at 3923 State Hwy 70, Pine City, MN 55063. For more information call 320-629-1122 or visit



16th Annual North Country Hillbillys Car & Truck



The 16th Annual North Country Hillbillys Car & Truck Show will be held Saturday, September 10, 2022 from 9:00 a.m. to 2:00 p.m. at Heidelberger Farm Equipment LLC, 3923 State Hwy 70, Pine City. Custom dash plaques to the first 75 entrants. Valve Cover Race, Burnout Contest, Muffler Rap Contest, and Kids' Tent. No entry fee. Participants and spectators are encouraged to bring a non-perishable food item to be given to our local food shelf. Plan to attend this family friendly event...and remember to "Bring a Kid to a Car Show!" Visit our website at www.thench.com or call 320-492-4579 or 320-221-4295 for more information.



Health Directed Riding
P.O. Box 335
Grandy, MN 55029-0335
www.healthdirectedriding.org



Your Gift of Giving

Thank you for your gift of \$ _____

Your Name: _____

Address: _____

This gift is in honor of: _____

Special occasion: _____

To donate towards a rider scholarship or to donate to a specific rider, please specify here: _____

\$800 Platinum Donor

\$500 Gold Donor

\$250 Silver Donor

\$100 Bronze Donor

Thank you for donating! Your gift of money creates scholarships for riders, helps care for horses, allows us to purchase equipment and helps defray the costs connected with the riding program. Health Directed Riding is a non-profit, 501c3, organization. All donations are tax deductible.

Contributions can be mailed to: Health Directed Riding, Inc., P.O. Box 335, Grandy, MN 55029-0335